




A Family Camp and Recreation Center

**Bright Horizons at Casperkill Health & Fitness Center**  
 2330 South Road (Route 9) \* Poughkeepsie, NY 12601 \* (845) 463-6471  
 Fitness Center Hours: Mon - Fri...6:00am - 10:00pm, Sat & Sun...8:00am - 5:00pm

**Aerobics Class Schedule: Nov 16, 2009 - Jan 02, 2010**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	Open Circuit 60	Step 'n Stuff 60	Hodge Podge 60	Step 'n Stuff 60		
9:15am	Cardio-Mix Plus 60	Strengthen & Stretch 60	Step Express 30	Strengthen & Stretch 60	Cardio-Mix Express 30	- 9:00am - Cardio Fusion 45
9:45am			Gauntlet Express 30		Tone Zone 30	I.P.o.D. 45
10:15am	Sweat Factory 45	Step-lopedia 45	Ab-Solutions Miniclass 10	Step-lopedia 45	L.I.F.T 30	Please note that the <b>FIRST</b> Saturday of every month <i>may</i> feature a <u>Yoga Progressions</u> class in place of <u>Cardio Fusion</u> and <u>I.P.o.D.</u> classes. <i>Please come prepared for any type of class.</i>
10:30am			Cardio Fusion Express 30		- 10:45am - Tone Zone 30	
11:00am	L.I.F.T 30	Prime Fit 60		Rev It Up 60		
11:30am	Tone Zone 30					
Noon				Core & More 45		
4:30pm	Cardio Fusion 45		Power Play 45		<b>CHILD CARE:</b> Monday - Friday 9:00 am - 12:00 noon BY ADVANCE RESERVATION ONLY. Call 463-6471 or sign up at the Athletics Office one day ahead to reserve your slot..  Maximum time limit: 1½ hours per child per day.  Maximum # of children: 7 children total, including 2 infants or 4 children under age 2, per time slot.	
5:00pm				I.P.o.D. Express 30		
5:30pm	Core Matters 30 (Pilates-based)	SST & Ab-Solutions 45	Sizzlin' Step 45	Core Matters 30 (Pilates-based)		
6:00pm	Sweat Factory 45		- 6:15pm - Reebok OnBoard 30			
6:30pm		Yoga Progressions 55				
<b>Specialty Classes</b>						
	<b>~Zumba</b> Mondays @ 7:00pm  		<b>~Ballroom &amp; Latin Dancing</b> Thursdays @ 7:10pm: "Basic" @ 8:10pm: "Intermediate / Advanced" @ 9:10pm: "Special"			
<b>~Zumba and ~Ballroom &amp; Latin Dancing are fee-based Specialty Classes open to Fitness Members and non-members alike, at a discounted rate for current members. The actual start/end dates and times for each class may differ from the Aerobics schedule. See flyers for specific information about each Specialty Class.</b>						

*Class Passes are available for any class for \$7.00 per class, or purchase a Multi-Pass for \$42.00 and get 7 classes for the price of 6! Please note that Class Passes do not include use of the Fitness Center or any other areas of the Club. You must purchase a Day Pass for \$12.00 to receive full usage of all Club facilities as available.*

**ALL staff instructors are nationally certified by ACE, AFAA, and/or STEP Reebok.**

**All classes are subject to scheduling and enrollment limitations and may be changed, rescheduled or canceled at the discretion of the Program Director. Numbers after each class indicate length of class in minutes. Class time allotments include a few minutes for set-up at the start of each class. Class descriptions are printed on the back of this schedule.**

**Please bring your Photo ID Membership Card or non-member Class Pass to every class!**

**INCLEMENT WEATHER POLICY: If any local school district cancels school due to bad weather, all daytime classes will be canceled for that day. Call the Athletics Office (463-6471) after 4:00pm for the status of the evening classes.**